

Uniformed Services University of the Health Sciences
Nurse Practitioner Program

Soft Tissue Seminar

1. Review concepts related to wound healing by primary and secondary intention.
2. Describe primary care management of common soft tissue problems:
Cellulitis, wound infections, ingrown toenails, leg ulcers, decubitus ulcers, first and superficial second degree burns.
3. Discuss the technical procedures associated with incision and drainage of a wound or abscess, digital nerve block, nail removal, burn debridement, Unna boot.
4. Discuss at least 2-3 new wound products on the market used in the management of acute and chronic wound care.

Recommended Text:

Edmunds, Marilyn and Mayhew (1996) Procedures for the Primary Care Clinician. Mosby: 1/1/96

McCance, Kathryn L., Huether, Sue E. (1998) Pathophysiology The Biologic Basis for Disease in Adults and Children. Mosby

Noble, J. (1997). Textbook of Primary Care Medicine. 2nd ed. Mosby

Required Readings

Coughlin, M.J. (1998). Ingrown Toenails: Office procedures that relieve pain--steps that prevent recurrence. *Consultant*, November 1998, 2761-2774.

Rijswijk, L., Braden, B. (1999). Pressure Ulcer Patient and Wound Assessment: An AHCPR Clinical Practice Guideline Update. *Ostomy/Wound Management*, 45, #1A(Suppl)1999, 56-67.

Browne, A., Sibbald, R. (1999). The Diabetic Neuropathic Ulcer: An Overview. *Ostomy/Wound*

Management, 45,#1A (Suppl)1999,6-20.

Pompeo,M.,Baxter,C. (2000). Sacral and Ischial Pressure Ulcers: Evaluation, Treatment, and Differentiation. *Ostomy/Wound Management*,46,#1,2000, 18-23.

Barr,D. (1996). The Unna's Boot as a Treatment for Venous Ulcers. *Nurse Practitioner*,21,#7,199655-77.

Hess,C. (1998) Keeping Tabs on a Pressure Ulcer. *Nursing* 98,January,1998,18.

Hess,C. (1998) Treating a Stage 3 Pressure Ulcer. *Nursing* 98,February 1998,20.

Hess,C. (1998) Treating Infected Wounds. *Nursing* 98,May 1998,26.

Hess,C. (2000) When to Use Composite Dressings. *Nursing* 2000,30,#5,26.

Suggested additional resources:

The following are just a few of the many WEB sites that may be helpful in planning your seminar:

www.smtl.co.uk/World-Wide-Wounds/

Good overall site with a great site entitled Compression bandaging in the treatment of venous leg ulcers

www.woundtx.com/journals/index.html

Good resource site.

www.woundcarestrategies.com/home.htm

Good site for product information.